

Our Last Webinar on Replay

| Ride for a healthy prostate: 12 tips

HERE ARE 5 POINTS TO REMEMBER:

1. Cycling rarely affects your prostate. Did you know?

We have heard almost everything about the links between cycling and male genital risks: fertility problem, erection problem, difficulty urinating... Rest assured, there is no need to worry too much. In this area, the problems associated with cycling rarely concern your prostate. In fact, no serious scientific study has shown a link between sexual disorder in men, prostate disease and cycling.

2. How does cycling contribute to a better lifestyle?

First, a quick reminder about the role of the prostate: it is a small sex gland, essential in the role of your fertility. However, it may be prone to painful infections or inflammation (prostatitis) and prostate enlargement (BPH), which increases the frequency of your going to and from the bathroom, and in the latter scenario, cancer. For a healthy prostate, prevention is the best remedy and exercise like cycling can be a great ally, not to mention a healthy diet and a healthy body weight.

3. What is the pudendal nerve and what is its role?

In the perineal region, we find the pudendal nerve (from Latin pudendus) located in your pelvic region (deep region of your pelvis) between your genitals and your anus. This nerve plays an important role in the mechanisms of your urinary and anal continence, as well as the mechanism of your erections. Compression of the pudendal nerve can cause urinary, intestinal and genital symptoms, such as erectile dysfunction.

4. Have you heard of cyclist syndrome?

Have you ever felt numbness in your genitals or had erectile dysfunction after a long bike ride? This is because sitting in a narrow saddle can compress the pudendal nerve (from Latin pudendus) and cause these types of symptoms for a few hours after your ride. Although they are temporary, they indicate that a tune-up of your equipment and adjustments to your bike are in order. It is therefore important to have a good saddle, good shorts and a good adjustment of your bike for an optimal position when riding. Hence the importance of being well advised.

5. When can you ride your bike after surgery or prostate disease?

You have symptomatic BPH or prostatitis? There is no contraindication to cycling once you have medically taken care of them. Aside from a prostate biopsy, which without complications allows you to resume your activity in less than 48 hours, you should always ask your doctor for the green light following a medical intervention or prostate cancer treatment. The times may vary from patient to patient. For example, the timeframes for TURP, radical surgery, or radiation therapy can vary from 6 weeks to a few months.